Psychosocial Rehabilitation and Recovery Center (PRRC)

San Bruno VA Clinic ~ Fall 2012 Schedule ~ October – December

MONDAY

Speaking of Smoking

9:00 - 9:45 am Jackie and Tom Conference Room Offered By V-TEL 🗲



Techniques & Role Recovery

10:00 - 10:45 am DiAnn and Jackie **Conference Room** Offered By V-TEL

Vet 2 Vet

11:00 - 11:45Conference Room Offered by V-TEL



Veterans Story Corps

12:30 - 2:00 pm Richard, Laura, Dan Conf Rm 2nd and 4th Mon Dan's office (38) 1st and 3rd Offered by V-TEL

Resources Unlimited

2:00-3:00 pm Dan





TUESDAY

Additional PRRC classes at Ft. Miley



Orientation

10:00 - 10:45 am By appointment Conference Room Offered by V-TEL

MOVE with Recovery



11:30 - 12:15 pm Dan and Janet Meet in Lobby

Rise Above Depression

1:00 - 1:45 pm John and Dan Conference Room





Peer Support 2:00 - 2:30 pmJohn

Conference Room

Hope and Support



3:00 - 3:45 pm Kathi and Dan Room 38

Pre-registration required

WEDNESDAY

Veterans Community Council

9:00 - 9:45 am Dan's office Rm 38 Offered by V-TEL



Spiritual Support

by appt Chaplain Jon Wright (415) 221-4810 x4505



WRAP and Roll

10:00 - 10:45 am Dan, Laura and Jackie **Conference Room** Offered by V-TEL

Community Meeting



11:00 - 11:45 am *1st Wed of month Conference Room Offered by V-TEL



Al-Anon Meeting 12:00 - 1:00 pm Conference Room

Psychosis Support



1:00 - 1:45 pm

Group

John and Jennifer Offered By V-TEL

THURSDAY

Music Over Mood



9:00 - 9:45 am Conference Room Offered by V-TEL

Art of Life

10:00 - 11:00 am 11:00 - 11:45 am Richard and Adrian **Conference Room** Offered by V-TEL



MOVE with Mindfulness



11:30 - 12:30 pm Meet in Lobby

LifeRing

12:00 - 1:00 pm LifeRing Staff Room 18



Mindfulness

1:00 - 2:00 pmDan, Richard, Lianna Conference Room



Individual Recovery Advising available by appointment with Dan Evenhouse LCSW

FRIDAY

Anger Management

Support 9:00 - 10:00

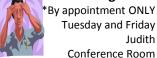




Orientation

10:00 - 10:45 am By appointment Room 36 Offered by V-TEL

Vietnam Vet Stress Management



ILRC Meetings:

Photography Class, Vet to Vet, Writing Workshops

(In person-not by vtel) *All Veterans Welcome* 649 Mission St @ 3rdSt, 3rd Floor

San Bruno Clinic (650) 615-6019 Fort Miley (415) 221-4810 x2226

RFD = PRRC Classes

BLACK = other VA groups

PRRC NOT responsible for content or scheduling